

F.

STETCH GRASP HOOK LY. - CH. LIFT'G
W. HELP.

100

F.

HG'G J.S. W. FT. SUPP.

STETCH GRASP HOOK BOW SITT. -

J.S. W. HELP.

F.

STETCH GRASP KN. ST. - D.S. W. HELP

F.

STETCH GRASP HOOK. LY. - CH. LIFT'G W.
HELP + L. SWING'G TO BAR OVER
HEAD + KN. STETCH'G + T. BD'G
FORW'D TO GRASP ANKES.

F.

CRASP BOW ST. - ARM BD'G.

F.

OPP. STRD. L. H C 'G - B.S. W. HELP.

106

F.

OPP. STRD. L HG'G B.S. W. HELP.

F.

OPP. FT. SUPP. LONG SITT. - B.S. W.
HELP.

F.

OPP. STRETCH GRASP KN. BOW SITTING -
B.S. W. HELP.



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